



MINDARIE FC FIRST AID POLICY



First Aid Policy

MFC have a first aid kit on-site and a list of emergency contact numbers such as Ambulance, Doctor, etc. Also, all coaches have a first aid kit in their sports bag.

1. First Aid For Sport

The risk of injury is an inherent part of most sports. Coaches have a responsibility to manage that risk and keep it to a minimum. They also have a responsibility to deal appropriately with injuries that do occur to their athletes.

In managing an injury, the main aim is to do no further damage. Statistics show that more than 50% of injured athletes receive inadequate first aid, causing an increase in the recovery time necessary before returning to play.

When an injury occurs, there are many decisions to be made. The most important of all these for the coach is whether the athlete should continue to participate or not.

Coaches should always err on the side of caution as resuming participation may cause further damage to an injured part.

2. Observe

- Stop the event if necessary
- Don't panic stay cool
- Talk to the injured athlete
- How did it happen?
- Where does it hurt?
- Is the pain sharp, dull, aching or throbbing?
- Provide a few words of encouragement
- Keep onlookers away
- Comfort the athlete

3. Personality

- Is it normal?
- Is the athlete distressed?

4. Injury site

- Is there swelling?
- Is it red?
- Is there any difference when compared to the other side/limb?
- Is there any deformity?

If the answer to any of the above questions is yes, seek trained first aid support

5. RICE Regime

The first 48 hours are vital in the effective management of any soft tissue injury
Rest

Ice

Compression

Elevation

For bumps and bruises a few words of support and encouragement will help.